

-Week one-

Breakfast

Sun: Pancakes/fruit

Mon: Granola/fruit

Tue: French Toast/fruit

Wed: Oatmeal/fruit

Thurs: Waffles/banana

Fri: Muesli

Sat: Fruit Crisp

Lunch/Dinner

Tomato soup/Salad

Hearty Veggie Soup

Garbanzo rice patties/salad

Macaroni & Cheese

Split Pea soup & Bread

Lentil soup/Salad

Pecan loaf & Salad

Supper

Popcorn

Garden Salad

Toast/fruit

Veggie & hummus

Fruit salad

Toast & Fruit

Lentil soup

-Grocery List-

__ Oats __ Fruits __ Wheat Flour __ Almond butter

__ Lentils __ Pecans __ Garbanzos __ Eze. 4:9 bread

__ Popcorn __ Cashews __ Split Peas __ Romaine Lettuce

__ Veggies __ Spinach __ yeast flakes __ Tomatoes

__ Seasonings (look @ recipes for ones you don't have)

Recipes for week one:

Pancakes

1 ½ cup water
2 tablespoons nuts or seeds
1 cup quick or rolled oats
½ tsp. salt
1 cup tofu
1 tsp. sweetener

Blend smooth all ingredients. Let sit 5 minutes. Preheat nonstick skillet on medium heat. Pour batter into pan in ¼ cup portions. Slightly flatten with bottom of measuring cup. Flip when bottom is golden brown, 5-10 minutes. Cook the same on other side.

Tomato soup

1 ½ cup minced onion
3 cloves garlic, crushed
1 tsp. dill weed
1 (32oz) can crushed concentrate tomatoes
1 tablespoon honey
2 cups vegetable stock or water
2 med. Tomatoes, chopped
1/3 cup coconut milk other nondairy milk

Saute' onion and garlic (with a small amount of the salt) in water in a large sauce pan. Cook 5 minutes until translucent. Then add dill, water stock, canned and fresh tomatoes and honey. Cover and simmer for at least 45 minutes on low heat. Five minutes before serving, whisk in coconut milk (soy or other nondairy milk). Taste to correct seasonings.

Granola (serves 6)

3 cups Oatmeal
1 cup wheat flakes
1 cup rye flakes
1 cup bran
½ cup raisins
½ cup dried apricots, chopped
1 cup dried apples, chopped
½ cup cashews, chopped
½ cup sunflower seeds; raw
½ cup honey
½ cup water, hot
1 Tablespoon vanilla

Combine all dry ingredients, fruits and nuts in a large bowl. In another bowl, mix the honey, hot water and vanilla. Add to dry ingredients and mix well. Spread a ½ inch layer on baking dish and bake in a 250 degree oven for one hour, stirring occasionally. Remove from oven, let cool. Store in covered containers.

Options: nuts may be omitted, use more wheat or rye flakes. Other dried fruits may be substituted for ones suggested. Be sure to stir ever 20 minutes or so to keep the granola from sticking or burning.

Hearty Veggie Soup (serves 8-10)

45 oz. tomato juice
2 (14.5oz.) cans stewed tomatoes
2 cups water
2 medium potatoes, chopped
1 (15oz) can cannellini beans, drained, rinsed
1 (15oz) can kidney beans, drained, rinsed
1 large onion, chopped
1 cup green pepper, diced

1 cup carrots, cut into julienne strips
2 Tablespoons dried or fresh parsley
1 tsp. chilli powder
2 tsp. dried basil leaves, crushed
2 tsp. garlic powder
1 tsp. ground cumin

Combine all ingredients. Bring to a boil. Reduce heat and simmer, covered about 30-40 minutes. Best is to allow to sit for 2-3 hour before serving. This recipe can also be made in crockpot and left on low all day long.

French Toast

1 cup quick or rolled oats
1 tsp. salt
1/3 cup cashews
2 tablespoons sweetener
1 ¾ cups water

Blend smooth all ingredients. Take whole wheat bread and soak into batter then fry in non-stick frying pan until both sides are browned.

Garbonzo Rice Patties

1 ¼ cups soaked garbanzo beans
3 tablespoons Yeast flakes
1 ½ cups cooked rice
¼ tsp. salt
¾ cup water
½ tsp. onion powder
1/3 cup chopped nuts or seeds
1/8 tsp. garlic powder

2 tsp. chicken style seasoning
½ tsp. salt

Rinse ½ cup dry garbanzo beans, cover with 2 cups water. Soak about 8 hours. Drain. Blend beans and water until fairly smooth. Mix all ingredients in a bowl, form into patties ½ inch thick. Bake on an oiled cookie sheet at 350 degrees for 30 minutes, flip and bake an additional 10 minutes.

Macaroni & Cheese

3 cups cooked macaroni
2 cups of the cheese sauce below:
2 cups water
1 ½ cup tablespoon lemon juice
1/3 cup pimento
½ cup cashews or (3TBS. oil for mac'cheese)
1/3 cup white flour
2 tsp. onion powder
¼ cup Yeast flakes
2 tsp. salt

Blend smooth all but 1 cup of water. Empty into sauce pan. Rinse blender with remaining water. Add to pan. Lightly boil 5-10 minutes, stirring. Serve warm over vegetables, beans, potatoes or Hay Stacks. Chill for spread.

Oat Waffles & Banana ice cream

2 cups quick or rolled oats
½ tsp. salt
2 cups water

Blend smooth all ingredients. Pour into hot waffle iron. Bake 15-20 minutes. If you desire to not spray waffle iron then add sesame seeds to iron then put sesame seeds on top of waffle batter then close waffle iron.

Banana ice cream

Peel ripe, but not over ripe bananas. Place in plastic bag and freeze solid. This takes several hours. To make ice cream cut 2 medium size frozen bananas into about 5 or 6 pieces. Place in blender. Blend with $\frac{1}{2}$ - $\frac{3}{4}$ cup liquid or just enough to slowly turn bananas through the blades. The liquid may be fruit juice, juice concentrate, water, soy milk, or nut milk. While blending use a rubber spatula to help bananas rotate. Turn off blender and stir as needed. Serve immediately or make firmer by putting into freezer. Ice cream will keep in freezer up to 1-2 hours, so that it is not too hard to serve. Use as a dessert or over waffles, pancakes, French toast, granola or cereal.

Split Pea soup

9 cups water
5 tsp. chicken style seasoning
1 $\frac{1}{2}$ dried split peas, washed
1 large carrot, diced
1 onion, chopped
1 tsp. garlic powder or 2-3 cloves minced
 $\frac{1}{2}$ tsp. thyme
 $\frac{1}{4}$ tsp. rosemary
Dash of cayenne optional
1 tsp. cumin
1 bay leaf
 $\frac{1}{2}$ tsp. celery salt
Sea salt to taste

Saute' onion in 1 Tablespoon olive oil, add all ingredients and bring to a boil. Reduce the heat and cook for about 45 minutes or until tender.

Muesli (serves 4)

1 cup regular oats – toasted in the oven at 250 degrees for 40 minutes.

2 apples, washed and grated

1-3 Tablespoons of nuts, chopped (almonds or pecans)

¼ cup frozen berries

¼ cup fruit, chopped

Mix together in a serving bowl and put it right on the table. You don't need to add a nut or soy milk, but you can if you prefer.

Lentil soup (serves 6-8)

1 onion, chopped

28 ounce can of whole tomatoes

4-5 leaves of Kale

6 cups of water

2 sweet potatoes peeled, cut into ½ dice

1 cup lentils, rinsed

½ thyme

1 tsp. sea salt

¼ tsp. curry powder or paste

2 Tablespoons Chicken like seasoning

½ tsp. savory dash of cayenne (optional)

Saute' the onion in small amount of water, add tomatoes, water, seasonings and all other ingredients except the kale. Allow the soup to simmer for 40-50 minutes. Add the kale and continue to simmer for 10 minutes or until the kale is tender. Adjust seasonings and serve.

Fruit Crisp

Topping:

3 tablespoons Sweetner

1 ½ tsp. coriander optional

3 tablespoons oil

1 tsp. vanilla

1/3 cup water

½ cup whole grain flour

½ tsp. salt

3 cups quick or rolled oats

Combine wet and dry ingredients separately. Then mix together.

Fruit mixture:

7 cups sliced or chopped fruit

1 tablespoon cornstarch

¾ cup juice or water

2 tablespoons sweetener

½ cup chopped dried fruit

Dissolve starch and sweetener into juice. Add this with the fruit to 8 x11 casserole. Top with oat topping. Bake at 350 degrees for 40 minutes or until golden brown. Serve plain or with nondairy milk, fruit sauce or Banana ice cream. Eat hot or cold. For the fruit mixture try a mixture of fruits

Pecan loaf/ burgers (yields about 20)

4 cups water

½ cup Bragg's Liquid Aminos

½ cup pecans

¼ cup Nutritional yeast flakes

2 tsp. garlic powder

1 tsp. savory
2 tsp. dried sage, optional
1 tsp. coriander, ground optional

Bring above ingredients to a boil and then add:
4 cups rolled oats

Place all ingredients except rolled oats in a large pan; stir well and bring to a slow boil over medium heat. Stir in rolled oats and immediately remove from heat. Cover and set aside to cool. Preheat oven to 350 degrees. Form 3 inch patties out of a mixture and place on a non-stick baking sheets and bake for 15 minutes on each side. These patties freeze well.

How did you do during week 1?

Write down your positive and negative experiences.

-Week Two-

Breakfast

Sun: Millet/Fruit

Mon: Pancakes/fruit

Tues: Oatmeal/fruit

Wed: French Toast/fruit

Thurs: Scramble Tofu/toast

Fri: Waffles/fruit

Sat: Granola/fruit

Lunch/Dinner

Lasagna/Salad

Haystacks

Chickpea Ala King/Salad

Black bean/rice/Salad

Veggie Pot pie/salad

Grilled Cheese

Vegetarian chili

Supper

Fruit salad

Popcorn

Lentil soup

Fruit Salad

Toast/fruit

Garden Salad

Popcorn/Fruit

-Grocery List-

__Millet __Lasagna Noodles __Chickpeas __Corn Chips

__Veggies __Oats __Fruits __Cashews __Lentils

__Popcorn __Yeast Flakes __Romaine Lettuce __Tofu

__Buckwheat flour/wheat __Eze 4:9 bread __tomatoes

__Canned pintos __canned kidney beans __onions

__Bragg's Liquid Aminos __bell peppers

__TVP textured vegetable protein (dry) or buy frozen

Recipes:

Millet

3 cups water
1 cup millet
½ tsp. salt

Bring water and salt to boil in a covered saucepan. Stir in millet, cover and return to a boil. Turn heat down to a light boil and cook for 2-3 hours. Do not stir again. My favorite way is to cook in a crock pot, just put in ingredients and put on low before you go to bed and in the morning you have your breakfast.

Lasagna

Lasagna noodles, 3/4 – 1 pound
1 pound or 2 cups tofu, mashed
7 cups spaghetti sauce cheese sauce (look at week 1)

Don't have to cook noodle. Layer in a 9 ½ x13 ½ oiled dish as follows: 2 cups spaghetti sauce on bottom of dish, noodles, 1 ½ cup sauce and 1 cup mashed tofu, vegetable of choice, noodles, 1 ½ cups sauce, tofu, noodles, and ending with remaining sauce. Cover dish and bake for 350 degrees for 45 minutes. Remove from oven and poke noodles with a knife to see if they are soft. If not then cover and bake an additional 10-15 minutes. Uncover and add cheese sauce on top and continue to bake 15 minutes.

Pancakes

1 cup whole white grain flour
3 tablespoons honey
1 cup corn meal
 $\frac{1}{4}$ cup olive oil
1 $\frac{2}{3}$ cups coconut milk or nondairy milk
1 tsp. salt
1 tablespoon Hain Featherweight baking powder

Combine all ingredients and mix. Spoon onto hot frying pan, turn when edges appear firm, allow to cook for about 2 minutes after turning over.

Haystacks

Beans of choice (heat), corn chips of choice, sprouts, lettuce, onion, pepper, cucumber, black olives, tomato and top with cheese sauce.

Chickpea Ala King

$\frac{3}{4}$ cup water
1 tsp. salt
 $\frac{1}{2}$ cup cashews
 $\frac{1}{4}$ cup flour
3 tablespoons chicken style seasoning
 $\frac{1}{2}$ cup chopped onion
1 $\frac{1}{2}$ cups frozen green peas
2 $\frac{1}{4}$ cups additional water
 $\frac{2}{3}$ cups sliced carrots
1 $\frac{1}{2}$ cups cooked garbanzo beans or a 15oz can, drained.

Blend smooth nuts, seasonings and flour with the $\frac{3}{4}$ cup water. Pour into a sauce pan. Rinse blender with the additional water and pour into pan.

Lightly boil, stirring, until thickened. In a separate pan cook carrots and onions in small amount of water until tender. Add peas, cook an additional 3 minutes. Combine all and heat. Serve over rice, noodles or potatoes.

Armenian Lentil soup

1 ½ cups lentils
8 cups water
1 tsp. garlic powder
½ cup brown rice
1 cup diced onion
¼ tsp. basil
1 cup frozen chopped spinach
1 tablespoon salt
1 cup diced or stewed tomatoes
¼ tsp. thyme

Place all ingredients together EXCEPT brown rice and cook for 30 minutes. Then add brown rice and cook for 45 minutes and serve hot.

French Toast

1 cup quick or rolled oats
1 tsp. salt
1/3 cup cashews
2 tablespoons sweetener
1 ¾ cups water

Blend smooth all ingredients. Take whole wheat bread and soak into batter then fry in non-stick frying pan until both sides are browned.

Black bean/rice

6 cups of precooked black beans with liquid
2 tsp. cumin
3-4 cloves garlic, minced or 2 tsp. garlic powder
1 bay leaf optional
1 tsp. dried oregano
1 tsp. salt
1 med. Onion, chopped
1 green pepper, chopped
½ cups carrots, shredded
1 (16oz) can tomatoes, chopped
½ cup scallions, sliced thin or ½ cup cilantro, sliced

In large saucepan, combine canned or freshly cooked beans, seasonings, garlic, onion and bring to boil. Cover and reduce heat to simmer on medium low for 30 minutes or until veggies are tender. About 10 minutes before serving add the green peppers and shredded carrots.

Serve over brown rice with your favorite toppings: guacamole, salsa and dressing of your choice.

Scramble Tofu

1 pound or 2 cups firm or extra firm tofu
½ tsp. salt
2 tsp. chicken style seasoning
¼ tsp. garlic powder
¼ tsp. turmeric
1 ½ tsp. onion powder
1 ½ tablespoon Yeast flakes
2 tsp. oil, optional

Mash tofu with fork or potato masher. Heat all ingredients together in a nonstick fry pan or sauce pan. Eat as is or with ketchup, cheese sauce. Serve with a fruit meal, vegetable meal or as a sandwich filling.

Veggie Pot pie

1 ½ cups cubed firm tofu or cubed baked tofu
½ cup chopped onion
2 ½ cups gravy of choice
1 cup diced carrots
1 cup green peas
1 cup diced potatoes whole wheat pie crust (whole foods)

Cook vegetables until tender in small amount of water. Stir in tofu and gravy. Take whole wheat pie crust and fill with vegetable mixture, bake at 350 degrees for 50 minutes.

Oat Waffles & Banana ice cream

2 cups quick or rolled oats
½ tsp. salt
2 cups water

Blend smooth all ingredients. Pour into hot waffle iron. Bake 15-20 minutes. If you desire to not spray waffle iron then add sesame seeds to iron then put sesame seeds on top of waffle batter then close waffle iron.

Macaroni & Cheese

2 cups water
1 ½ tablespoons lemon juice
1/3 cup pimento

3 tablespoons of oil
1/3 cup white flour
2 teaspoons onion powder
1/4 cup Yeast Flakes
2 teaspoons salt

Blend smooth all but 1 cup of water. Empty into sauce pan. Rinse blender with remaining water. Add to pan. Lightly boil 5-10 minutes, stirring. Pour into and mix in the 3 cups of cooked macaroni.

Grilled Cheese Sandwiches

Make Cheese Spread:

1/4 cup quick or rolled oats
1 teaspoon salt
1/4 cup cashews
1 teaspoon onion powder
1 cup water
1/2 teaspoon garlic powder
2 tablespoons tomato paste
1 tablespoon lemon juice
3 tablespoons Yeast Flakes

Place all ingredients in blender. Blend smooth. Lightly boil in sauce pan, stirring about 5 minutes, until thickened.

OR make Agar Cheese:

1 cup water
1 teaspoon lemon juice
2 tablespoons Agar Flakes
2 tablespoons Yeast Flakes
1/3 cup cashews
1 teaspoon salt
1/2 cup water

½ teaspoon onion powder
3 tablespoons pimento
1/8 teaspoon garlic powder

Agar flakes are dried sea weed used for thickening. They can be purchased where health foods are sold. Lightly boil first 2 ingredients for 3 to 5 minutes, until flakes are clear, stirring. Blend smooth remaining ingredients. Then empty sauce pan into blender by scraping with a rubber spatula to insure getting all the agar off the sides of the pan. Blend again. Pour into container and chill. This cheese can be sliced. When warmed it gives a slight melting effect. Good for Grilled Cheese or sandwiches. Cheese does not freeze well.

Make Millet Butter:

1 cup hot, cooked millet, packed
1 cup water
1/3 cup coconut or cashews
1 teaspoon salt

Blend all until very smooth. Add a small amount of water while blending if necessary. If millet is cold to begin with it can be heated with water from the recipe then blended. Add 1/16 teaspoon of turmeric and 1/16 teaspoon of butter extract for flavor.

Now spread a thin layer of MILLET BUTTER on both sides of bread slices. Slice AGAR CHEESE ¼ inch thick and place on bread or use ¼ inch of CHEESE SPREAD. Add thin slice of onion and tomato if desired, then top with bread. Grill in non-stick pan on medium low heat until golden brown on each side. Also may broil open face sandwiches on a cookie sheet.

Granola

1 2/3 cup water
1/3 cup oil
1/4 cup honey
1 tablespoon vanilla
2 tsp. salt
12 cups quick or rolled oats
1 cup chopped dried fruit
1 cup chopped nuts

Stir together all ingredients except fruit, oats and nuts. Then add oats and nuts. Spread out on two cookie sheets. Bake at 200 degrees for 2 1/2 hours, until dry, stirring every 30-40 minutes. Add fruit after baking.

Vegetarian Chili (serves 10)

4 cups dry small red or kidney beans
4 tablespoons cumin
1 (10oz) can tomato sauce (equals 1 1/4 cups)
1 diced green pepper
2 tsp. garlic powder
2 tablespoons paprika
2 tablespoons basil
1/2 tablespoon oregano
2 tablespoons chicken style seasoning
2 tablespoons onion powder
1 large can V-8 juice tomato
1 cup dry vegetarian burger or bulgur wheat
1 diced onion
1/4 cup concentrate fruit juice sweetener or honey

Soak beans overnight and bring to a boil and soak 1 hour in hot water then drain (or used canned beans and rinse, drain). Cover beans with

fresh water 1 inch above the beans. Add seasoning and cook for 4 hours or until tender (if using canned beans then add when next part is done below). In separate kettle, simmer onion, green pepper, burger or bulgar wheat, and V-8 juice together for about 10 or 15 minutes until then. Add to cooked beans and serve hot.

How did you do during week 2?

Write down your positive and negative experiences.

-Week Three-

Breakfast

Lunch/Dinner

Supper

Sun: Multigrain cereal/fruit

Chili/Salad

Fruit salad

Mon: Muesli/Fruit

Black bean/Rice/Salad

Popcorn/Fruit

Tues: Oatmeal/fruit

Split pea soup/Salad

Veggies & hummus

Wed: Waffles/fruit

Black bean wrap

Fruit Salad

Thurs: 7 Grain/toast/Fruit

Haystack

Popcorn/fruit

Fri: Scramble tofu/toast

Veggie Stir Fry/Rice

Garden Salad

Sat: Millet/fruit

Grain pasta/salad

Fruit Salad

-Grocery List-

__Millet __7Grain __Chickpeas __Corn Chips

__Veggies __Oats __Fruits __Cashews __yellow peas

__Popcorn __Yeast Flakes __Romaine Lettuce __Tofu

__Buckwheat flour/wheat __Eze 4:9 bread __Veggies

__Cracked wheat __Brown Rice __Pinto Beans

__Tortillas

Recipes for week three:

Multigrain Cereal (serves 4)

1 cup multigrain cereal or ½ cup multigrain cereal and ½ cup rolled oats
4 cups water
2 apples, all purpose, peeled and thickly sliced
¼-1/3 cup raisins optional

Cook in crock pot over night on low. Right before you go to bed put all ingredients in crock pot. Ready in the morning.

Vegetarian Chili (serves 10)

4 cups dry small red or kidney beans
4 tablespoons cumin
1 (10oz) can tomato sauce (equals 1 ¼ cups)
1 diced green pepper
2 tsp. garlic powder
2 tablespoons paprika
2 tablespoons basil
½ tablespoon oregano
2 tablespoons chicken style seasoning
2 tablespoons onion powder
1 large can V-8 juice tomato
1 cup dry vegetarian burger or bulgur wheat
1 diced onion
¼ cup concentrate fruit juice sweetener or honey

Soak beans overnight and bring to a boil and soak 1 hour in hot water then drain (or used canned beans and rinse, drain). Cover beans with fresh water 1 inch above the beans. Add seasoning and cook for 4 hours or until tender (if using canned beans then add when next part is done below). In separate kettle, simmer onion, green pepper, burger or bulgar wheat, and V-8 juice together for about 10 or 15 minutes until then. Add to cooked beans and serve hot.

Muesli

2 ¼ cups granola of choice
¼ cup chopped dried fruit or raisins
2 cups chopped apples
2 cups apple juice or juice of choice
¼ cup chopped nuts or raw sunflower seeds

Combine all ingredients. Refrigerator several hours before serving.

Black bean/rice

6 cups of precooked black beans with liquid
2 tsp. cumin
3-4 cloves garlic, minced or 2 tsp. garlic powder
1 bay leaf optional
1 tsp. dried oregano
1 tsp. salt
1 med. Onion, chopped
1 green pepper, chopped
½ cups carrots, shredded
1 (16oz) can tomatoes, chopped
½ cup scallions, sliced thin or ½ cup cilantro, sliced

In large saucepan, combine canned or freshly cooked beans, seasonings, garlic, onion and bring to boil. Cover and reduce heat to simmer on medium low for 30 minutes or until veggies are tender. About 10 minutes before serving add the green peppers and shredded carrots.

Serve over brown rice with your favorite toppings: guacamole, salsa and dressing of your choice.

Split Pea soup

9 cups water
5 tsp. chicken style seasoning
1 ½ dried split peas, washed
1 large carrot, diced
1 onion, chopped
1 tsp. garlic powder or 2-3 cloves minced
½ tsp. thyme
¼ tsp. rosemary
Dash of cayenne optional
1 tsp. cumin
1 bay leaf
½ tsp. celery salt
Sea salt to taste

Saute' onion in 1 Tablespoon olive oil, add all ingredients and bring to a boil. Reduce the heat and cook for about 45 minutes or until tender.

Hummus

1 cup cook garbanzo beans
1 garlic clove
¼ cup toasted sesame seeds
¼-1/2 tsp. salt
3 tablespoons lemon juice
2-4 tablespoons water

Toast seeds in a dry skillet on medium heat for 5-10 minutes, stirring frequently, until golden brown. Blend all ingredients until smooth. Add ¼ tsp. of salt if the beans are salt free.

If you want to use this as a dressing then add 2-4 tablespoons of water.

Oat Waffles & Banana ice cream

2 cups quick or rolled oats
½ tsp. salt
2 cups water

Blend smooth all ingredients. Pour into hot waffle iron. Bake 15-20 minutes. If you desire to not spray waffle iron then add sesame seeds to iron then put sesame seeds on top of waffle batter then close waffle iron.

Black bean wrap

Take whole wheat tortilla and place in a skillet on low heat to brown lightly on each side. Put hummus, kale, shredded carrots, romaine

lettuce, peppers and black beans and top off with cheese sauce on the tortilla and roll and eat.

Haystacks

Beans of choice (heat) , corn chips of choice, sprouts, lettuce, onion, pepper, cucumber, black olives, tomato and top with cheese sauce.

Scramble Tofu

1 pound or 2 cups firm or extra firm tofu

½ tsp. salt

2 tsp. chicken style seasoning

¼ tsp. garlic powder

¼ tsp. turmeric

1 ½ tsp. onion powder

1 ½ tablespoon Yeast flakes

2 tsp. oil, optional

Mash tofu with fork or potato masher. Heat all ingredients together in a nonstick fry pan or sauce pan. Eat as is or with ketchup, cheese sauce. Serve with a fruit meal, vegetable meal or as a sandwich filling.

Veggie Stir Fry over whole grain rice

Any seasonal veggies may be used in this stir fry. It has a mild ginger flavor that can be enhanced according to taste, and is filling yet light on your tummy. Tofu may be added. Serve over a bed of steamed jasmine brown rice.

1 tablespoon cornstarch
1 ½ cloves of garlic, crushed
2 tsp. chopped fresh ginger root, divided
¼ cup water
1 small head of broccoli, cut into florets
½ cup snow peas
¾ cup julienned carrots
½ cup halved green beans
2 tablespoons soy sauce
2 ½ tablespoons water
¼ cup chopped onion
½ tsp. salt

In a large bowl, blend cornstarch, garlic, 1 tsp. of ginger, and half the water, until cornstarch is dissolved. Mix in broccoli, snow peas, carrots, and green beans, tossing to lightly coat. Heat remaining 2 tablespoons of water in large skillet or wok over medium heat. Steam vegetables for 2 minutes, stirring constantly to prevent burning. Stir in soy sauce and water. Mix onion, salt and remaining 1 tsp. ginger. Cook until vegetables are tender but still crisp.

Millet

3 cups water
1 cup millet
½ tsp. salt

Bring water and salt to boil in a covered saucepan. Stir in millet, cover and return to a boil. Turn heat down to a light boil and cook for 2-3 hours. Do not stir again. My favorite way is to cook is in a crock pot, just put in ingredients and put on low before you go to bed and in the morning you have your breakfast.

____ 3 cups water

1 cup millet

½ tsp. salt

Bring water and salt to boil in a covered saucepan. Stir in millet, cover and return to a boil. Turn heat down to a light boil and cook for 2-3 hours. Do not stir again. My favorite way is to cook it in a crock pot, just put in ingredients and put on low before you go to bed and in the morning you have your breakfast.

How did you do during week 3?

Write down your positive and negative experiences.

-Week Four-

Breakfast

Sun: Hot Granola/fruit

Mon: Waffles/fruit

Tues: 7 Grain/fruit

Wed: Scramble tofu/toast

Thurs: Oatmeal/fruit

Fri: Muesli/toast

Sat: Fruit Crisp

Lunch/Dinner

Mock Tuna Salad sandwich

Garden wrap

Lentil soup/Salad

Oat Pecan burger

Veggie Pita

Hearty Vegetable soup

Veggie Stir Fry/Rice

Supper

Fruit salad

Popcorn

Veggies & hummus

Fruit Salad

Popcorn/fruit

Garden Salad

Fruit Salad

-Grocery List-

__Whole Grain Flakes __7Grain __Chickpeas __Pecans

__Veggies __Oats __Fruits __Cashews __yellow peas

__Popcorn __Yeast Flakes __Romaine Lettuce __Tofu

__Buckwheat flour/wheat __Eze 4:9 bread __Veggies

__Cracked wheat __Brown Rice __Pinto Beans

___Tortillas ___Pita bread ___Frozen veggies

___ Frozen fruits ___Veg Tuna

Recipes for week four:

Hot Granola

1 2/3 cup water

1/3 cup oil

¼ cup honey

1 tablespoon vanilla

2 tsp. salt

12 cups quick or rolled oats

1 cup chopped dried fruit

1 cup chopped nuts

Stir together all ingredients except fruit, oats and nuts. Then add oats and nuts. Spread out on two cookie sheets. Bake at 200 degrees for 2 ½ hours, until dry, stirring every 30-40 minutes. Add fruit after baking. Either use when it comes out or warm up with non-dairy milk

Tofu “Egg” Salad

1 pound of firm tofu pinch of turmeric

1 tablespoon Yeast flakes

1 tsp. onion powder

½ tsp. garlic powder

salt to taste

2-3 tablespoons of vegenasise (buy at whole foods)

Bring the block of tofu to a boil in a large pan of water. Boil for five minutes and allow to drain in a colander. Place the block in a bowl and smash with fork or fingers. Add the seasoning of your choice. Chill and serve on whole wheat bread with romaine lettuce.

Oat Waffles & Banana ice cream

2 cups quick or rolled oats
½ tsp. salt
2 cups water

Blend smooth all ingredients. Pour into hot waffle iron. Bake 15-20 minutes. If you desire to not spray waffle iron then add sesame seeds to iron then put sesame seeds on top of waffle batter then close waffle iron.

Garden wrap

Take whole wheat tortilla and put romaine lettuce with cheese sauce, onions, green peppers, yellow pepper, black olives, broccoli, kale and then roll up and enjoy.

Multigrain Cereal (serves 4)

1 cup multigrain cereal or ½ cup multigrain cereal and ½ cup rolled oats
4 cups water
2 apples, all purpose, peeled and thickly sliced
¼-1/3 cup raisins optional

Cook in crock pot over night on low. Right before you go to bed put all ingredients in crock pot. Ready in the morning.

Armenian Lentil soup

1 ½ cups lentils
8 cups water
1 tsp. garlic powder
½ cup brown rice
1 cup diced onion
¼ tsp. basil
1 cup frozen chopped spinach
1 tablespoon salt
1 cup diced or stewed tomatoes
¼ tsp. thyme

Place all ingredients together EXCEPT brown rice and cook for 30 minutes. Then add brown rice and cook for 45 minutes and serve hot.

Hummus

1 cup cook garbanzo beans
1 garlic clove
¼ cup toasted sesame seeds
¼-1/2 tsp. salt
3 tablespoons lemon juice
2-4 tablespoons water

Toast seeds in a dry skillet on medium heat for 5-10 minutes, stirring frequently, until golden brown. Blend all ingredients until smooth. Add ¼ tsp. of salt if the beans are salt free.

If you want to use this as a dressing then add 2-4 tablespoons of water.

Scramble Tofu

1 pound or 2 cups firm or extra firm tofu

½ tsp. salt

2 tsp. chicken style seasoning

¼ tsp. garlic powder

¼ tsp. turmeric

1 ½ tsp. onion powder

1 ½ tablespoon Yeast flakes

2 tsp. oil, optional

Mash tofu with fork or potato masher. Heat all ingredients together in a nonstick fry pan or sauce pan. Eat as is or with ketchup, cheese sauce. Serve with a fruit meal, vegetable meal or as a sandwich filling.

Oat Pecan burgers (20 patties)

4 cups water

½ cup Bragg's Liquid Aminos

½ cups pecans

¼ cup yeast flakes

2 tsp. garlic

1 tsp. savory

2 tsp. onion powder

1 tsp dried sage optional

1 tsp. coriander, ground optional

Bring all ingredients to a boil and then add: 4 cups rolled oats.

Place all ingredients except rolled oats in a large pan; stir well and bring to a slow boil over medium heat. Stir in rolled oats and immediately remove from heat. Cover and set aside to cool. Preheat oven to 350 degrees. Form 3 inch patties out of mixture and place on a non-stick baking sheets. Bake for 15 minutes on each side. Freezes well.

Veggie Pita

Take whole wheat pita bread and put romaine lettuce with cheese sauce, onions, green peppers, yellow pepper, black olives, broccoli, kale and vegenaïse, then roll up and enjoy.

Muesli

2 ¼ cups granola of choice
¼ cup chopped dried fruit or raisins
2 cups chopped apples
2 cups apple juice or juice of choice
¼ cup chopped nuts or raw sunflower seeds

Combine all ingredients. Refrigerator several hours before serving.

Hearty Veggie Soup (serves 8-10)

45 oz. tomato juice
2 (14.5oz.) cans stewed tomatoes
2 cups water
2 medium potatoes, chopped
1 (15oz) can cannellini beans, drained, rinsed
1 (15oz) can kidney beans, drained, rinsed

- 1 large onion, chopped
- 1 cup green pepper, diced
- 1 cup carrots, cut into julienne strips
- 2 Tablespoons dried or fresh parsley
- 1 tsp. chilli powder
- 2 tsp. dried basil leaves, crushed
- 2 tsp. garlic powder
- 1 tsp. ground cumin

Combine all ingredients. Bring to a boil. Reduce heat and simmer, covered about 30-40 minutes. Best is to allow to sit for 2-3 hour before serving. This recipe can also be made in crockpot and left on low all day long.

Fruit Crisp

Topping:

- 3 tablespoons Sweetener
- 1 ½ tsp. coriander optional
- 3 tablespoons oil
- 1 tsp. vanilla
- 1/3 cup water
- ½ cup whole grain flour
- ½ tsp. salt
- 3 cups quick or rolled oats

Combine wet and dry ingredients separately. Then mix together.

Fruit mixture:

- 7 cups sliced or chopped fruit
- 1 tablespoon cornstarch
- ¾ cup juice or water

2 tablespoons sweetener
½ cup chopped dried fruit

Dissolve starch and sweetener into juice. Add this with the fruit to an 8x11 casserole. Top with oat topping. Bake at 350 degrees for 40 minutes or until golden brown. Serve plain or with nondairy milk, fruit sauce or Banana ice cream. Eat hot or cold. For the fruit mixture try a mixture of fruits.

Veggie Stir Fry over whole grain rice

Any seasonal veggies may be used in this stir fry. It has a mild ginger flavor that can be enhanced according to taste, and is filling yet light on your tummy. Tofu may be added. Serve over a bed of steamed jasmine brown rice.

1 tablespoon cornstarch
1 ½ cloves of garlic, crushed
2 tsp. chopped fresh ginger root, divided
¼ cup water
1 small head of broccoli, cut into florets
½ cup snow peas
¾ cup julienned carrots
½ cup halved green beans
2 tablespoons soy sauce
2 ½ tablespoons water
¼ cup chopped onion
½ tsp. salt

In a large bowl, blend cornstarch, garlic, 1 tsp. of ginger, and half the water, until cornstarch is dissolved. Mix in broccoli, snow peas, carrots, and green beans, tossing to lightly coat. Heat remaining 2 tablespoons

of water in large skillet or wok over medium heat. Steam vegetables for 2 minutes, stirring constantly to prevent burning. Stir in soy sauce and water. Mix onion, salt and remaining 1 tsp. ginger. Cook until vegetables are tender but still crisp.

How did you do during week 4?

Write down your positive and negative experiences.
